

# Adult Sports

## Golf Instruction

Learn to play golf in the comfortable atmosphere of the Redwood Golf Center in Woodinville. A PGA instructor teaches group lessons. Learn basic golf, grip stance, swing, rules and etiquette. By the end of this 4-part series you will be able to play on the golf course. Bring your own clubs or try the Golf Center's demo clubs.

Min 6 / Max 12 • 4 classes • Location: Redwood Golf Cntr  
13029 Redmond-Woodinville Rd NE, Woodinville

Sr Resident \$89 / Sr Non-Resident \$99  
Non-Sr Resident \$97 / Non-Sr Non-Resident \$119

Fri	10-11am	Sept 7-28	36421
Fri	10-11am	Oct 5-26	36422
Fri	10-11am	Nov 2-23	36423
Fri	10-11am	Dec 7-28	36424
Fri	10-11am	Jan 4-25	36425
Fri	10-11am	Feb 1-22	36426
Fri	10-11am	Mar 1-22	36427

## COACHES NEEDED

The amount of children that we can accept in our youth sports programs directly relates to the amount of volunteers we have to coach.

### Can you help out?

No prior sports or coaching experience necessary.  
Time commitment varies by program.

**Call 425.587.3330 for info**

## Adult Volleyball Leagues

Come join the most fun and competitive league on the Eastside! By having the opportunity to play a maximum of five games (within a match) per night, our league gives you more "BANG for your BUCK"! The regular season consists of seven weeks of play with two weeks of playoffs. Games are played at either Emerson High School (formerly BEST High) or Kamiakin Jr. High with a 7:15pm, 8:20pm, or 8:40pm start time. (Co-ed C Division plays at Kamiakin only at 8:20pm). Eight game guarantee.

**Team Fee: \$301.13** (includes WA State Sales Tax)

### Women's Upper Division

The Women's Upper Division is for teams with intermediate to above average skill level with matches on Monday nights.

Mon	7:15 or 8:20pm	Sept 17-Nov 5	36764
Mon	7:15 or 8:20pm	Jan 7-Mar 11	36770

#### Spring Preview—available January 2nd

Mon	7:15 or 8:20pm	Apr 8-June 10	37533
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### Women's Lower Division

The Women's Lower Division is for teams with average to intermediate skill level. Matches are played on Monday nights.

Mon	7:15 or 8:20pm	Sept 17-Nov 5	36765
Mon	7:15 or 8:20pm	Jan 7-Mar 11	36771

#### Spring Preview—available January 2nd

Mon	7:15 or 8:20pm	Apr 8-June 10	37534
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### Co-ed Upper Division

The Co-ed Upper Division is for teams with intermediate to above average skill level with matches on Tuesday nights.

Tues	8:20pm or 8:40pm	Sept 18-Nov 13	36766
Tues	8:20pm or 8:40pm	Jan 8-Feb 26	36772

#### Spring Preview—available January 2nd

Tues	8:20pm or 8:40pm	Apr 9-June 4	37535
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### Co-ed Lower Division

The Co-ed Lower Division is for teams with average to intermediate skill level with matches on Tuesday nights.

Tues	8:20pm or 8:40pm	Sept 18-Nov 13	36767
Tues	8:20pm or 8:40pm	Jan 8-Feb 26	36773

#### Spring Preview—available January 2nd

Tues	8:20pm or 8:40pm	Apr 9-June 4	37536
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### Co-ed "C" Division

The Co-ed "C" Division is our least competitive division that's great for beginners or those still improving their fundamental skills. Matches are on Wednesday nights.

Wed	8:20pm	Sept 19-Nov 14	36768
Wed	8:20pm	Jan 9-Feb 27	36774

#### Spring Preview—available January 2nd

Wed	8:20pm	Apr 10-June 5	37537
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### Free Agent Team COED C Division

Are you looking for a team to join? Do you have a couple friends that want to play volleyball but don't have enough to have your own team? Then you're in luck! Starting this fall we are offering a free agent team for our COED C division of volleyball that will play on Wednesday nights. For a flat fee of \$40 (plus tax) you can join the team as an individual. We need a minimum of 6 players (minimum of 3 men and 3 women) in order to form the team.

Wed	8:20pm	Sept 19 - Nov 14	37540
Wed	8:20pm	Jan 9 - Feb 27	37541

#### Spring Preview—available January 2nd

Wed	8:20pm	Apr 10 - June 5	37539
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## SOFTBALL Recruitment IS IN FULL SWING!

If you are age 55+ and have played softball or simply want to play (no experience required), recruitment for the new 2013 season is underway! The three senior softball teams in Kirkland continue to hit home runs and have lots of fun! The two men's teams, "Moss Bay Hawks", "Kirkland Owls" and the co-ed team, "Kirkland Classics" were all a hit in 2012! After a long winter break, team players are now dusting off their bats to begin practice in March 2013. Everyone is gearing up for another fantastic season of league play, May through July. These three recreational teams play in the Puget Sound Senior Softball Association and are not affiliated with City of Kirkland Parks and Community Services recreation league.

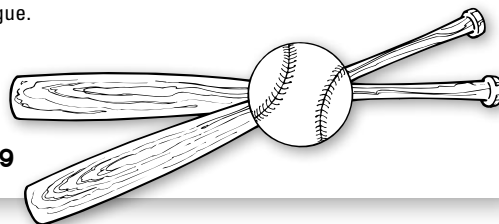
age  
**55+**

CO-ED team INFO CALL

**PAULA MILLER 425.822.7478**

men's teams INFO CALL

**RICH MIAILOUICH 425.827.1109**



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Facebook!**



[facebook.com/kirklandsportsleagues](https://www.facebook.com/kirklandsportsleagues)

## DODGEBALL



### DIP, DIVE, DUCK AND DODGE!!

That fun school yard game you played as a kid is even more fun as adults! Games are played on Wednesdays at Kirkland Jr. High. Matches consist of a full hour of play with 6 team members on each side.

#### OPEN DIVISION

Wed	6:30-9pm	Sept 26-Nov 14	36775
Wed	6:30-9pm	Jan 16-Mar 6	36776

#### Spring Preview—available Jan. 2nd

Wed	6:30-9pm	Apr 10-June 5	37538
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#### Team Fee \$301.13

(includes WA State Sales Tax)



### Ice Skating All Ages!

Introducing the thrill and athletic challenge of Ice Skating in a fun and safe learning environment. Our professional learn-to-skate staff will teach a progression of skills to ensure safety and provide an understanding of the basic fundamentals of ice skating. Participants will progress toward edge control and more advanced footwork. We encourage children and adults of all skill levels to join. Students will be divided into their skill level and age level.

*Skates will be provided and helmets are highly recommended • Classes will be held at Kingsgate Arena; 14326 124th Ave NE, Kirkland • Classes will include 30 minutes of professional instruction and 30 minutes of practice / free skating time • Last day of class is "bring a buddy for free day" • Skates will be provided for your buddy • Registration deadline is: one week prior to start of first class • Please arrive ½ hour before class to get skates on • Wear warm clothes, jacket and gloves*

**7 weeks** Resident \$113 / Non-Resident \$130

#### Ages 5 to Adult

Mon	6-7pm	Sept 10-Oct 22	37062
Fri	6-7pm	Sept 28-Nov 9	37066
Mon	6-7pm	Nov 5-Dec 17	37063
Fri	6-7pm	Jan 4-Feb 15	37071
Mon	6-7pm	Jan 7-Feb 18	37067
Mon	6-7pm	Feb 25-Apr 8	37068
Fri	6-7pm	Mar 1-Apr 12	37072

#### Ages 3½ to Adult

Tue	10:45-11:45am	Sept 11-Oct 23	37064
Tue	10:45-11:45am	Nov 6-Dec 18	37065
Tue	10:45-11:45am	Jan 8-Feb 19	37069
Tue	10:45-11:45am	Feb 26-Apr 9	37070



## OPEN GYM SUNDAYS

One basketball court and three volleyball courts are available.

**Time: 5 to 8pm**  
**Days: Sundays**

Location: Kamiakin Jr. High  
14111 132nd Ave NE, Kirkland

Individuals or teams welcome.

**Fall: Sept 9-Nov 18**  
**Winter: Dec 2-Mar 24**  
No open gym: Dec 16, 23, & 30  
Jan 20, Feb 3 & 17

**Cost: \$4.00 per person**  
(includes WA State Sales Tax)  
Call 425.587.3335 for gym closure info.

18 and older



## THRILLER ALL AGES!

Channel your inner zombie by learning the famous Michael Jackson dance that took the world by storm, better known as THRILLER! Then join our friends at Redmond Town Center on October 27th for the Eastside Thrill the World Zombie Dance Party, an event fundraiser for Second Story Repertory, or rise to the occasion and show off your dance skills at one of the many Thriller events going on around the greater Seattle area.

**Location: NKCC • 3 weeks • Resident \$15 / Non-Resident \$18 • #37553**

**SUNDAYS • SEPT 30-OCT 21 • 1:30-3:00PM**